

East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday :9:00am-4:00pm

Website: www.easthamptonct.org

Email: seniorcenter@easthamptonct.gov



Volume 3 Issue 9

Newsletter Date:

September 2014

TOWN OF EAST HAMPTON

Belton Senior News

Senior Center is Closed for Labor Day

Sept. 1st

**SEPTEMBER IS
NATIONAL
SENIOR CENTER
MONTH!**

Senior Center CLUB, Monday September 8th @ 1pm

Monday, September 8 at 1pm. Kevin Johnson and the Four Fun Band will entertain us after a short business meeting. Join us for fun and something new! Lite refreshments will be available, too! Also a trip or two give-a-way and more!. Come One, Come All! Please sign up at the desk to let us now you are coming.

Seminars @ the Senior Center

Raising Awareness about Crime Victim Right, Elder Abuse and Identity Theft. Presented by the State Office of Victim Advocates.

Wednesday, September 3rd @ 10am

Please sign-up at the Center to reserve your seat.

Thursday, September 4th at 6:30 pm

The East Hampton Commission On Aging is pleased to sponsor the seminar: Medicare 101. Learn about all the programs you can access through Medicare.

Please sign-up/call at the Center to reserve your seat.

THE Flu Clinic @ the East Hampton Senior Center will be offered **Friday, September 26th from 9am to 11:00.**

Bring your insurance card & a form of identification(Driver's License).
No Appointment necessary.

The East Hampton Commission on Aging is pleased to endorse a new partnership between the Senior Center and St. Luke's Community Services of Middletown.

They are partnering to recruit volunteers who would like to help local elderly individuals remain at home and maintain a good quality of life by providing visitation, grocery shopping or transportation to out-of-town medical appointments. Volunteers can choose to help one or more individuals for just a few hours a month, as there is no minimum time requirement, flexible scheduling and we only ask for your consistency and reliability. All volunteers are background checked, trained and bonded. The next orientations sessions (volunteers attend only one) are scheduled on Thursday, Oct. 16th, 5:30-8:30pm & Thursday, Oct. 23rd, 9am-Noon at the East Hampton Senior Center, 105 Main Street. Volunteer candidates must register at least one week in advance of orientation. To register, or for more information about our programs and the volunteer vetting process, please contact Jo Ann Ewing, Senior Services Coordinator, (860)267-4426 or [jewling@easthamptonct.gov](mailto:jewing@easthamptonct.gov)

Middlesex Homecare

**Due to the Labor Day holiday-
Blood Pressure Clinic** will be held
only on 9/15/14 10:45am- 12:00.pm
No appt. necessary.

The Commission On Aging meets the 2nd Thursday of the month. Next mtg is September 11th at 3:00pm All are invited to attend. The Commission endorses volunteer opportunities like the St. Luke's and Senior Center volunteer program. Your input at the COA helps assure these type of programs are offered to our elder community.. Please plan to attend. If you need transportation to this meeting please call the senior center for a ride.

Walk with us!

**Walk for Alzheimer's Walk
Saturday, September 20th.
Contact Sue Greeno for
more information.
860-267-7183.**

Happy Birthday!

September babies! If you were born in September let us know! Come Celebrate your birthday on Monday, September 29th. We'll send you an invite to our Birthday Party. You will be our guest to lunch and enjoy cake and ice cream after. Have a friend you want to celebrate with you.? *Have them sign up with Ann at least 24hrs in advance.* The party is Monday, Sept. 29th at 12:00noon. En-



Impact of Senior Center's

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.

Recognized by the Older Americans Act (OAA) as a community focal point, senior centers have become one of the most widely used services among America's older adults. Today, nearly 11,000 senior centers serve 1 million older adults every day

Coming Soon:

October: Lunch and Learn: Thursday October 9th 12:00-1:30 topic: Heart Health. Sponsored by Marlborough Healthcare.

AARP Safe Driving Course

October 30th 9am-1pm. AARP Member \$15.00 Non-member \$20.00 Payable due at sign-up.

Movie Day:
Monday Sept.
22nd @ 1:00

A VVVery Cold
Treat!



Square Dancing

Will meet every Friday at 10am. Please sign up at the front desk. \$3.00 per session, please pay the caller the day of the



REFLEXOLOGY certified Reflexologist Suzette Christainsen Relaxation via hand and foot therapy. By appointment only. \$10.00 per 15 minute session Pay day of session.

Friday, September 26th.

Counseling Services

at the East Hampton Senior Center, Individual by appointment. Call Diane to schedule a appointment @ 860-508-9719

This service is provided in partnership with the East Hampton Youth and Family Services Department.

Open Art Studio:

Tuesdays

10:00am to 12:30pm.

If you are interested in joining this group contact Dawn Tyler on Tuesday.



BINGO!!!

Bingo

Tuesdays at 1:00 PM. We offer a wide variety of Games.

Cash prizes and food prizes available! Play up to 5 cards!

Setback

12:30-3:00pm.

Thursdays



Genealogy Club: September 23rd 10:00am
Sr. Ctr. Stop in with the history you have and begin or continue on your family history!

Build a Bear for people in Need!

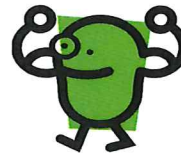
Sojourn Bears on Wednesday mornings 10am

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

Exercise with Cindy
Sit & Stretch Class is
offered Tuesday & Thursday

Beginning Sept. 2nd.

\$3.00 per class or \$20.00 per month.



**MUSCLES
FOR THE MIND**

Monday
SEPTEMBER 22ND
11:00AM (EXERCISE YOUR BRAIN)

BOOK CLUB, starts up Tuesday, September 9th at 11am, New club members always welcome!

Wednesdays, Board Games 1pm
& Wii Bowling 2 pm.

BIBLE STUDY
1PM
TUESDAYS
New members welcome



Dial-A-Ride: transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center.

Dial-A-Ride is available from 6:00-6:00pm Monday thru Friday & Saturday 8am- 5pm. Closed Sunday. There is a \$2.00 charge for a one way trip (\$4.00per round trip).

For more information call the senior center or Dial-A-Ride @ MAT 860-347-3313.

Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. The provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.

NEW PROGRAMS:

Monday, September 15th @1pm The World Today, Come join us to share in discussion about today's events. Listen to the dialogue and interesting views we share on common topics of the *World Today!* Please sign up in the activity book at the Center desk.

Line Dance with Mimi 10am, Monday, September 8th. Come learn a dance step or two with Mimi Perrotti. (Mimi is running for State representative for the 34th district.) Please sign up at the desk.

Lunch & Learn Cobalt Healthcare and Rehabilitation will offer TWO Lunch & Learn sessions.

Wednesday September 10th @12:00 noon 'You Just Don't Look Right'

Wednesday September 24th @ 12:00noon 'Fall Prevention' Learn what you need to do to stay safe!

REGISTRATION REQUIRED TO RESERVE A SEAT AND YOUR LUNCH. Call or sign up at the desk.

TRAVEL

Senior Bus Trip

Irving Berlin's Holiday Inn

Monday, November 24th Lunch at 11:30 Show @ 2:00pm Payment due at sign-up \$76.00 Deadline Oct. 6th

COACH TRIPS:

Oct. 28th 911 Museum \$95.00pp only 15 seats left.

Christmas in the Amish Country 'Moses' Nov. 11-13, 2014 Lancaster, Pa. sight and Sound Theatre & American Music Theatre Brochure at the Sr. Ctr. Cost:\$427pptwin Deposit of \$150.00 by Aug. 11, 2014.final Payment due: 9/15.

December 15th ,2014 The Diamonds at the Aqua Turf. \$90.00pp

DAY TRIPS!

Cromwell Shopping, Friday, September 5th. 12:30 to 3:30pm Choose a store or two, to get your shopping done.

September 17th , Wednesday Big E 8:am to 3:00pm. \$17.00

September 20th Alzheimer's Walk sign up at the Senior Center if you want to walk.

Registration at 9am | Ceremony and Walk at 10am | Walk ends at noon

Route Length: 2 optional walk routes! The street route is 2 miles (gradual sloping) and the Boardwalk route is 1 mile (3 times up and down the boardwalk, level).

Mystery Trip & Lunch J. Timothy's Sept. 23rd 9am. Cost TBD

Experts At Living Well Monday September 28th 10:30 am. share the joys ! Of living large!

Epoch Arts; An "arts for youth" non-profit organization dedicated to helping young people learn to communicate, collaborate, create and celebrate by experiencing, hands-on, the arts, located at 27 Skinner Street, East Hampton, is looking to expand their Friday home school program.

We would like to offer a Thursday 1/2 day schedule for students 6th-12th grade. We are still in the process of developing this program but would like to begin it in October. We are looking to our community to find anyone who is interested in teaching, sharing a talent, etc. Education is so important and as our homeschool youth grow into their tween and teen years, our wish is to give them the best educational and artistic opportunities that we can.

Classes are 1 hour each. **If you are interested in teaching and can spare an hour or two please contact**

Elizabeth Namen, Artistic Director, 860-267-2597 or elizabeth@epocharts.org.